

**Personal Trainer**

UREC personal trainers are responsible for exercise advice and personalized training of clients on a one-on-one basis. The trainer is responsible for performing fitness assessments and initial screenings to develop a customized training program to meet the specific needs of each client. This position will instruct clients on basic exercise physiology and inform them of proper lifting and exercise techniques. Personal trainers will provide all the necessary information, techniques, and proper procedures for helping clients stay active and healthy.

**Specific Responsibilities:**

* Maintain a certification by an accredited exercise organization.
* Maintain a CPR/First Aid/AED certification.
* Conduct high-quality training sessions to University of Arkansas students and UREC members as scheduled with clients.
* Maintain efficient and respectful communication with clients at all times.
* Work with staff to provide a quality leisure experience to clients, and display a high level of enthusiasm and interest in each participant’s workout program.
* Uphold client privacy regulations according to HIPPA standards at all times.
* Consistently enforce all rules in UREC facilities and eliminate unsafe apparel, exercises, or activities.
* Record all client sessions and workout logs.
* Make sure the personal training studio is in an orderly manner when your sessions are complete.
* Act as a mentor to incoming trainers. Display strong leadership and organizational skills, be confident and knowledgeable about your client and the session, act in a professional manner while demonstrating a fun and energetic personality at all times.
* Correctly explain and demonstrate exercises and equipment.
* Monitor and assist clients utilizing the equipment.
* Prioritize the safety and wellbeing of all clients.
* Assess and properly respond to risk management issues including but not limited to health or facility emergencies, worn/broken equipment, injuries, accidents, or disruptive behavior.
* Report and document all emergency/injury situations to the supervisor/graduate assistant/assistant director.
* Attend all staff meetings and trainings.
* Other duties as assigned.

**Minimum Qualifications:**

* Maintain a personal trainer certification from an accredited organization
* Current University of Arkansas student
* Must possess Pediatric & Adult First Aid, CPR, and AED certification or be able to obtain certification within 40 days of hire (UREC will provide a certification opportunity, if needed)

**Required License(s), Certification(s), & Background Checks:**

* Pediatric & Adult First Aid, CPR, and AED certification or be able to obtain certification within 40 days of hire (UREC will provide a certification opportunity, if needed)
* Required criminal background check
* Required sex offender registry check

**Preferred Qualifications:**

**Physical Activities Associated with this Position:**

The following physical activities are associated with the position and will be performed with or without an accommodation. All individuals are encouraged to apply.

* Crouching, grasping, hearing, kneeling, lifting, reaching, standing, stooping, talking, walking- Constantly
* Balancing, feeling, manipulating items, pulling, pushing, repetitive motion- Frequently
* Climbing, crawling, sitting- Occasionally
* Spotting active lifting
* Medium work. Exerting up to 50 pounds of force occasionally, and/or up to 30 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.

**Visual Acuity:**

* Employee is required to have visual acuity to determine the accuracy, neatness, and thoroughness of the work assigned (i.e., custodial, general laborer, lab personnel, etc.) or to make general observations of facilities or structures (i.e., security guard)
* Employee is required to have close visual acuity to perform an activity such as: preparing and analyzing data and figures; transcribing; viewing a computer terminal; extensive reading; and/or visual inspection at distances close to the eyes.

**Skills Obtained:**

* Critical thinking/Problem solving
* Teamwork/Collaboration
* Written Communication
* Verbal communication
* Leadership
* Analytical skills
* Initiative
* Flexibility/adaptability
* Interpersonal skills
* Responsibility, dependability, accountability
* Panning, organizing, prioritizing
* Customer service
* Influencing and/or selling to others
* Strong work ethic
* Creative thinking

**Work Schedule & Compensation:**

* 3-12 hours per week; variable schedule that may include morning, evening, weekend, and holiday shifts; $12.00/hour

**Supervision:** This position is supervised by the GA of Fitness Wellness and Asst. Director of Fitness Wellness in UREC.

**Application Process:** Applicants must apply through [http://jobs.uark.edu](http://jobs.uark.edu/). Deadline to apply is <insert date>.